Practice Plan Assignment

Section 1(25 points)
Please create a practice plan for a sport of your choice. **Your practice plan must be formatted like the examples presented on 12.6/12.7 in chapter 12 in your textbook to receive full credit.** Please cite any ideas that aren't your own.

Your practice plan should include the following information:
Date, Practice Start Time and Length of Practice
Practice Objectives (what is the purpose of the practice? What do you hope to achieve as a result of the practice?)
Equipment
Practice Activities (time/name of activity/description/key teaching points/what you are going to do during the practice and key teaching points related to those activities)
Evaluation (because you aren't going to actually conduct the practice, highlight some points related to what you think is likely to go well, or issues you anticipate the athletes might have during the practice/what you plan for the next practice)

Section 2 (25 points)

YOU MUST HAVE OBSERVATION VERIFICATION FORM SIGNED BY COACH!!!

SECTION 2 WILL NOT BE ACCEPTED WITHOUT THE SIGNED VERIFICATION FORM!

Please watch a practice session for a sport of your choice. This cannot be a practice that you participate in. Please make sure that you get permission from the coach before observing their practice (explain to them that it is for an assignment required for a Theory and Psychology of Coaching course). After observing the practice, please write a two-page reflection incorporating answers to the following questions:

What was the age of the athletes and their level of competition (e.g., recreational, high school, club, college, professional, etc.)?
What were the objective/s of the practice?
How long was the practice?
How did the athletes appear to respond to the practice?
What did you like/dislike about the practice?
What could the coach have done to make the practice more effective?
How did the practice compare to the practice plans presented on 12.6/12.7 in chapter 12?
What did you learn after observing the practice?

What team did you observe?
Where was this practice held?
Who was the coach?